

FREE physical fitness classes inside the stadium

• family-friendly program

Fitness in the Stadium

EVERY Monday from 5:30pm – 7:00pm

April 7th - Sept. 29th

We will offer Zumba, Circuit Cycles, Youth Fit Action, and Run/Walk Classes simultaneously

**WHEATLEY HEIGHTS
SPORTS COMPLEX**

To volunteer or get more info call 210-714-0017 or
email us at info@whsportscomplex.com

The best way to build a stronger community is thru unity, so please consider being a part of Fitness in the Stadium as either a participant or a class instructor. Together we can achieve the health & fitness vision of SA2020, which is to become one of the healthiest cities in the country. Lets resolve to be a healthier community by becoming active with a purpose!